Meat/Egg Ham Cups

- A: oil, small amount
- B: 4 slices ham

- C: 4 eggs

 1. Brush a muffin tin with (A).

 2. Place (B) into tin, forming into cups.

 3. Gently place (C) into ham cups. Bake 400F for 10-12 minutes. Servings: 4

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From the kitchen of David and Jennifer Deaven